What does the respiratory system do?
• Its purpose is to carry oxygen to vital organs and remove carbon dioxide from body.
• The lungs are the main organ of the respiratory system and exchanges oxygen and carbon dioxide.

Defense System
• Coughing and sneezing is the body’s way of getting rid of any harmful irritants.
  o Be sure to cover mouth with tissue or cough and sneeze into sleeve to prevent spread of germs.

Diseases
• Some illnesses are spread by air or contact:
  o Air: Germs remain in the air after someone sneezes or coughs without covering the mouth.
  o Contact: Can be indirect or direct, like when someone coughs or sneezes into hand and then touches someone else or an object (such as a doorknob or keyboard).
• Protect yourself from the spread of germs:
  o Wash hands frequently.
  o Clean community surfaces such as phones, keyboards and doorknobs often.
  o Be sure to cover mouth when coughing or sneezing - preferably with tissue or into sleeve.
  o Some diseases, such as pneumonia and influenza (flu), can be prevented with vaccination.

Deep Breathing
• Deep breathing has been shown to:
  o Lower blood pressure
  o Clear lungs of pollutants
  o Can help calm the body and clear the mind

Ways to protect your lungs
• Avoid exposure to harsh chemicals or irritants by keeping mouth and nose covered.

Smoking
• Smoke contains carcinogens and toxins that are harmful to the lungs.
  o This weakens the actual tissues of the lungs.
• Smoking has been linked to:
  o Lung cancer
  o Chronic Obstructive Pulmonary Disorder (COPD)
  o Chronic bronchitis
- Emphysema
- Asthma
- 480,000 people die each year from tobacco-related diseases.
- Smoking is the leading cause of preventable death.
- Secondhand smoke causes more than 42,000 premature deaths from heart disease in nonsmokers each year.
- There are resources to stop:
  - www.tobaccofree.org
  - www.smokefree.org
  - www.mayoclinic.org